An Olympic fencing primer for non-fencers. (2021, July 23). Retrieved from https://academyoffencingmasters.com/blog/olympic-fencing-primer/
Fencing is applicable to Bodybuilding and vice-versa.The Saber,Foil,and Epee are the trio of weapons used.I have been at this ever since the early 1990s.Adding BodybuILding to my regimen abided me magnitude of help.I □ notice better technique .It was a MIRACLE.Now,I am studying Strength too.I am on a row now.